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SCHOOLS

Winchester resident, Austin Prep student joins ‘The Movement Family’

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Austin Prep students Brady McLaren ‘26, left, Thomas Casale ‘26, Magdalena Tenreiro ‘27, Kathy Pham ‘26, Andreas Visan ‘27, Michael Caruso ‘27, and Kristyan Bardwell ’27 during their first Movement Family outreach visit of the school year. COURTESY PHOTO/AUSTIN PREPARATORY SCHOOL

The following was submitted by Austin Preparatory School:

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Brady McLaren '26, of Winchester, spends his Wednesday nights serving others.

The Austin Prep junior, who attends the independent Catholic school in Reading, travels each week with classmates to volunteer with The Movement Family, a grassroots nonprofit founded by Michael Gorman that has become a powerful presence in the Merrimack Valley.

Together with other students who participate throughout the year, they have built a consistent presence at The Movement Family Wednesday night dinners.

"The Movement Family has given me the opportunity to develop my commitment to service," McLaren said. "Every Wednesday, my classmates and I head to the Lawrence bus stop, where we meet people facing all kinds of challenges — addiction, suffering and grief. What The Movement Family does so well is find the light in the middle of those challenges."

Guided by Austin Prep Theology Department Chair Dustin Batista, students assist with organizing donations, distributing clothing, serving meals, and building relationships with those who attend.

From Grassroots Idea to weekly community lifeline

Founded in 2011, The Movement Family began as a small motivational running and conditioning group that met at the old bus loop at Methuen High School. With no funding or facility, members raised money through car washes, basketball tournaments, and yard sales to create opportunities for one another. Over time, the group evolved into a year-round support network rooted in accountability, belief, and brotherhood.

In 2018, after noticing individuals sleeping at the bus station, Mi Gorman and members of The Movement Family decided to act. W

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began with one table, a few chairs, and pizza inside the Buckley Transportation Center has grown into a weekly dinner that now serves approximately 100 people. The focus extends beyond food, emphasizing relationship-building and encouragement. The goal is to believe in people until they can believe in themselves again.

Building belonging

The weekly dinners are structured around dignity and belonging. Before the meal begins, everyone gathers in a circle for a motivational talk and prayer, reaffirming that no one is alone and that help is available.

"One part that always sticks out is when Michael says, 'If you are in need of a hug come find any The Movement Family member and we will happily give you one,'" McLaren said.

Inside the dinner space, long tables allow guests to sit and eat together. Music plays throughout the evening. There are games, donated clothing, a "free hug" table, and a "Here to listen" station. Food donated by local restaurants and companies is served, and additional meals are prepared for guests to take with them.

Austin Prep students help run the donation table, making sure guests can find jackets, pants, and sweatshirts they need. The experience has reshaped students' perspectives on service and gratitude.

"It's helped me realize how much I take for granted, especially when someone is genuinely excited to receive something so simple," McLaren said. "I hope more students get involved and stick with it not just for service hours, but for the sense of purpose that comes from showing up and helping others."

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Through weekly presence and strong student leadership, the partnership between Austin Prep in Reading and The Movement Family continues to provide meaningful support while shaping students like Brady McLaren through hands-on service and community engagement.

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Winchester's successful Science Olympiad Club competes at national-level tournaments

Winchester's Science Olympiad, like most things, began small. Yet what began as a modest club for fun, has grown into something respected by the entire Science Olympiad community throughout the nation. Every Friday, dedicated Winchester High School students gather for two hours in weekly club meetings, to prepare for

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Ambrose regains 'School of Recognition' title, principal credits school community for academic success

Everyone likes to be recognized for their efforts and the Ambrose School is no different. The school recently received an A from the state Department o and Secondary Education (named a School of Recognition. "It's very

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exciting," said Ambrose Principal Andrea Phelan. A School of Recognition

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Winchester High student Lucas Yang heads to Capitol on Senate Youth Program

Being called to the principal's office usually means trouble. For Lucas Yang, sitting in his principal's office was nerve-racking for a different reason. Sitting there in early December, he learned he had been chosen as one of two Massachusetts students in the U.S. Senate Youth Program. Two

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SCHOOLS

Science abounds at Winchester's Ambrose School during first in a generation fair

You could blame the Muraco School for the fact that the Ambrose cafeteria became the site of a raucously rambunctious science fair on March 5. "They were the inspiration," said parent volunteer Karen Kinnaman, who spearheaded the event. "They put on a huge science fair every year." Kinnaman said it'

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Winchester ZBA waives town regulations to move Washington/Swanton project along

Town officials have approved waivers of regulations for a residential/commercial development project at Washington and Swanton streets. The Zoning Board of Appeals (ZBA) on March 19 approved the waivers for a 40B project at 278-292 Washington St. and 12 and 16-20 Swanton St. in a special meeting preceding a

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John Bellaire, 22, among youngest townwide winners in Winchester history

He won all eight precincts after a door-to-door campaign that emphasized direct voter contact over institutional backing.

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Network for Social Justice to celebrate 35th anniversary

The following was submitted by the Network for Social Justice: The Network For Social

EVENTS

Winchester Community Music School presents Jazz

The following was submitted by the Winchester Community Music School: On

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Justice turns 35 this spring! There will be a celebration on Saturday, April 11, from 7-9:30 p.m., at the Sons of Italy, 117 Swanton St., Winchester. Connect with your local friends and neighbors as

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Saturday, March 28, join the community at Winchester Community Music School, 407 Highland Ave., for a Jazz Jam Session, an afternoon of fun, spontaneous jazz playing, beginning at 3 p.m. Instrumentalists and vocalists of all skill levels are

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